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Understanding the 3 States of Consciousness: 3D, 4D, and 5D

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There is no doubt that other dimensions or realms exist in this Universe. You may have seen them yourself through your dreams or through [astral travel](#). You may have felt the experience of [deja vu](#), or simply felt through a meditation that there is so much more to what we can comprehend.

Just like we have different dimensions in this Universe, we also have different dimensional states of consciousness. These dimensions available to us on Earth are referred to as 3D, 4D and 5D.

These dimensions are not actual places but rather they are states of consciousness. Here on Earth, we are all living life in either 3D, 4D, 5D or a combination of all three.



In fact, it is most likely that **majority of people on Earth are moving back and forth across two or three of these dimensional states of consciousness** depending on where they are in their lives.

Even though we are all living on the same planet and are surrounded by the same world, our perception of it will be different depending on which state of consciousness we are choosing to see things at.

Those perceiving things from a 3D state are going to walk through life much differently to someone perceiving things from a 5D state.

If you are curious what dimensional state your consciousness is at, here is a brief explanation of each:

LIVING FROM A 3D STATE

3D consciousness is viewing things from a purely physical state. You are seen as an individual that is separate from others.

Life feels like “the survival of the fittest” and you are identified by the way you look, the job you have, the car you drive and the people you surround yourself with. You feel fearful about missing out or not having enough.

Things are perceived as being good or bad and life is a competition. There is not enough for everyone and some people have to miss out. Fulfillment is found in making money and social status.

Your thoughts have no power over your reality and what comes your way in life is simply a coincidence. You rely on your five sense to move through the world.



There is a lot of joy in living life from the 3D state but pain and deeper emotions can be difficult to manage.

In a 3D state there is no desire to go within or to look at things from a deeper stand point. Life is played out by skimming the surface. There is no desire to dig deep or to understand the deeper meaning behind things.

LIVING FROM A 4D STATE

Many people believe that the 4th dimensional state acts like a “gateway” to the 5th. When in 4D it is easy to travel back to a 3D state, however this jump in consciousness is much more difficult when you reach a 5D state.

4D consciousness begins to awaken to the idea that we are all connected and that there is more to life than what meets the eye.

Thoughts are powerful and can shift the way reality is perceived. Duality and the idea of good and bad is still experienced, but there is more compassion and understanding behind it.

There is an opening to the importance of diet, meditation and leading a healthy lifestyle. What you put into your body becomes important and there is a desire to pay attention to how your actions effect the environment and those around you.

Recommended: Walking Between Two Worlds: Experiencing Practical 3D Life on a 5D Spiritual Journey

There is a strong desire to find your purpose and to follow your passions. You understand that life is meant to be enjoyed and that you are worthy to live the life of your dreams.



You perceive the world through 6 senses and your intuition starts to grow and expand. You seek a deeper meaning to life and you can start to see the synchronicity/magic of the Universe.

LIVING FROM A 5D STATE

Once you reach a 5D state of consciousness, it is very difficult to go back to a 3D state.

From this level of consciousness you begin to understand that we are all one and we are all connected. Life becomes an adventure of growth and there is no such thing as good or bad. There is a higher purpose for all things and every experience holds meaning.

There are stronger feelings of love and connectedness with others, the planet and even the galaxies around us. Love and compassion reign supreme and there is a lack of judgement. You understand that everyone is just on their own journey.

Everyone is considered to be equal and there is a desire to live from a place of pure authenticity. You understand that your purpose is to live your truth and to seek the joy.

From this state, you know that there is no competition and there is enough in the Universe for everyone. You feel overwhelming emotions of love and compassion for life, Mother Earth and the stars.

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Your intuition is extremely strong and you feel connected to angelic beings.



It is important to remember that these states of consciousness are not “better” or “worse” than the other. Every soul on this Earth has their own journey to walk and their own reasons for choosing which dimensional state to live from.

EVEN HIGHER STATES OF CONSCIOUSNESS

What is more interesting than these dimensional states are the ones that come next.

There are higher states of consciousness, but these are believed to be only accessible after we have left our physical bodies. It is possible however, to access these states through meditation, our dreams and even with certain herbs/plant medicines.

In higher states of consciousness there are 3 key differences –

- Perception of time
- Power of thoughts
- Feelings of oneness

It is believed that in 6D and 7D our thoughts are so powerful that all we have to do is think about a location and we can travel to it.

Without a physical body, in these states we can fly wherever we want, as fast as we want and we have a very strong understanding of unity consciousness.

Time is not linear and cannot be measured, instead time feels endless.

There is no fear in these states of being and everything is perceived from a place of pure, unconditional love.



Recommended: [Which Dimension are You in 3D, 4D or 5D?](#)

In higher states like 8D, 9D and 10D, it is believed that we are able to return our energy to the Source, merge with others in **[our soul group](#)** and travel to different galaxies.

In these higher states we can also reincarnate either back to Earth or other star systems. The soul can also choose to continue moving up to higher levels of consciousness.

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